



**Ulverscroft
Grange**

Shuttlewood
Clarke
Foundation

Wellbeing Wednesdays at Ulverscroft Grange Tearoom 11.00am - 2.00pm

7th October

Whitwick & District u3a will be here for a chat about their activities to improve health & wellbeing



21st October

Marcus will be here to chat about his Infinite Sound Medicine sessions at Ulverscroft Manor



14th October

Come and meet Jo, a Dementia Adviser, to find out more about the support available for those living with dementia



28th October

Come and meet Andy - your local health and social care champion

